



Green Bean Casserole

Ingredients

- 1 Tablespoons butter
- 1 small onion chopped
- 1 (8-ounce) can mushroom pieces, drained
- 1 cup 1% milk
- 4 Tablespoons flour
- 1 (16-ounce) package green beans, frozen and steamed
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 Tablespoons Parmesan cheese, grated
- 2 Tablespoons Italian bread crumbs

Makes 6 servings

Instructions

1. In microwave safe bowl melt butter, add onions and mushrooms, cook 1-3 minutes until onions are tender.
2. Add milk, gradually stirring in flour until well blended, micro cook for 1-3 minutes or until sauce thickens.
3. Add green beans, salt, pepper and 1 Tablespoon Parmesan cheese. Mix until well blended. Cook for 1-3 minutes.
4. Top with remaining 1 Tablespoon Parmesan cheese and breadcrumbs and complete cooking process until sauce thickens, another 1- 4 minutes.

Note:

- Adjust cooking times suitable for microwave power.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 6

Amount Per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 430mg	18%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 6g	

Protein 5g

Vitamin A 4% • Vitamin C 8%

Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

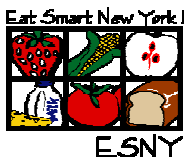
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

25% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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